

Camp Registration

Online Registration

Go to www.urrowingcamps.com to register for your desired session(s). All waiver forms and insurance information are accessible and can be completed through our website.

Option: Complete the below information and mail form, waiver (printed from web site) and check (made out to UR Crew Camp) to:

UR Rowing Camps / John Gaskin
Goergen Athletic Center
P.O. Box 270296
Rochester, NY 14627

Participants Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email Address: _____

Parent Cell: _____

Age: _____ Years Experience: _____

Rowing Club: _____

T-Shirt Size: xs s m l xl

Position (Please circle all that apply) :

Coxswain Port Starboard Scull

Please indicate which session or sessions you are registering for:

First Session (July 20-23)
Second Session (July 28-31)
Overnight Camp (July 24-27)



Camp Information

Requirements - *Minimum* of one year of rowing experience .

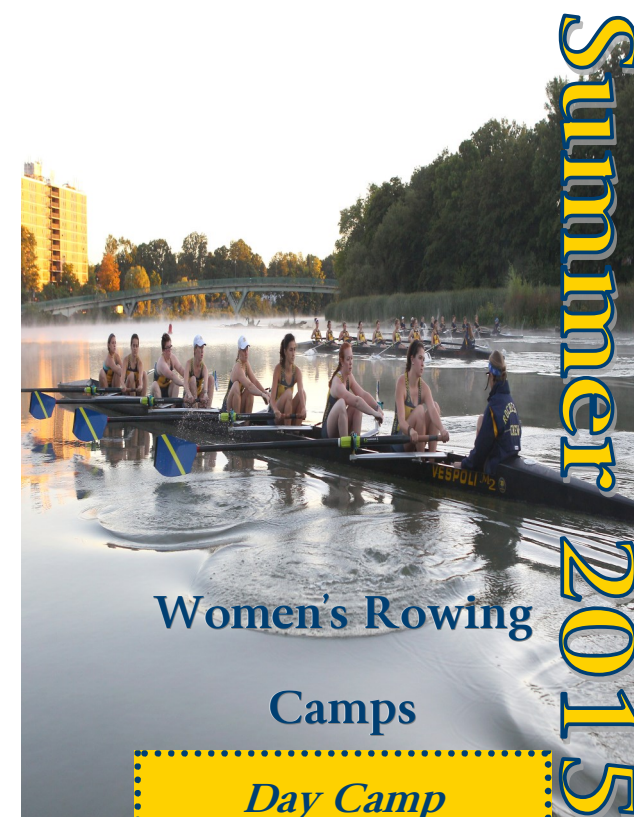
Ages - Day Camp: Rising high school freshman, sophomores, juniors and seniors.

Ages - Overnight Camp: Rising high school sophomores , juniors, seniors and college freshman.

Cost - Day Camp: \$350 (Does not include lunch). Overnight Camp: \$495 (Includes room and board at the University of Rochester)

All campers will be required to pass a 10 minute 'float test' on the first day of camp.

**Registration and payment is due
by June 26, 2015**



Women's Rowing Camps

Day Camp

First Session July 20-23
Second Session July 28-31

Overnight Camp

July 24-27

Camp Director



John Gaskin - Director of Rowing

University of Rochester

Gaskin began his coaching career at UR in 2009 as an assistant coach and was named Director of Rowing in July of 2014. He oversees both the women's varsity program and the men's club program and is the Head Coach for the women. His crews have won the DIII Event at the 2013 Dad Vail Championship and 2nd in 2014, 6th Place in the Collegiate 8+ at the 2013 Head of the Charles Regatta. The team competes in the NCAA New York Region and Liberty League. From 1999-2009, Gaskin was involved with the rowing program at Forest Hills Central High School in Grand Rapids, Michigan, where he coached the Women's Novice team from 1999-2002 and the Women's Varsity from 2003-09. Under his tutelage, Forest Hills won two team state championships; four women's team state championships and seven individual crew state championships. John is also a USRowing fully licensed Referee.

Guest Coach - Overnight Camp

Kris Thorsness - 1984 Olympic Gold Medalist US Women's Eight. Kris began rowing at the University of Wisconsin, where she won one national championship and placed second twice. She made her first US National Team in 1982, and won silver medals at the World Championships in 1982, 1983 and 1987. She was on the US Olympic teams in 1984 and 1988, and won a gold medal at the 1984 Games in Los Angeles. That crew was the first US women's team to win an Olympic gold medal in rowing, and until Beijing in 2008, the only one ever to do so.

Kris has stayed involved in rowing competing in Master's racing, and has been a US Rowing referee since 2004.

Day Camp

First Session July 20 to 23

Second Session July 28 to 30

When: 9 AM to 3 PM Monday to Thursday.

Our day camp provides high school athletes with top level instruction by collegiate coaches who are skilled at helping athletes improve their technical skill on the water. Each day will cover a particular aspect of the stroke with the final day dedicated to putting all skills learned into practice with inter-squad racing. There will be a mixture of on the water and dry land sessions accompanied by video reviews.

There will be a lunch break each day for the athletes (lunch is not provided).

Drop off and pick up information will be provided after receipt of registration.

Each camp is limited to a total of 40 rowers and 6 coxswains

Overnight Camp

July 24 to 27

When: Noon Friday to 11:00am Sunday

Our overnight camp is an intensive weekend intended to improve both skill and fitness. In addition to working on the fundamentals of the strokes, rowers will be introduced to strength training and conditioning. Rowers will have three training sessions a day and video review sessions. Camp will conclude with racing opportunities amongst the rowers. Room and board will be provided by the University of Rochester.

Camp is limited to a total of 20 rowers and 4 coxswains

Facilities

Genesee Waterway Center

All water practices will take place at the Genesee Waterway Center at the intersection of the Genesee River and the Erie Canal. The Genesee River offers over 30 miles of undisturbed water for practice.

Brooks Crossing Indoor Facility

The dry land training facility completed in January 2015 will be utilized for technical instruction on the erg and strength training. The facility includes brand new ergs, dynamic ergs, a swingulator and weight training equipment. Coaches will also use the space to review video of water sessions for the participants.

More information can be found at

www.URROWINGCAMPS.com